

Youth Food Harvest

The "Food or Item of the Month" is
"PERSONAL ITEMS"

shampoo, bath soap, toothpaste ext.

Each month will have a new food or item. Please bring your donation to the church on the **third Sunday of each month** to be delivered to Christians Concerned.



PRAYER CORNER

*Let us keep our family and friends
in our prayers*

Lu Morgan

Ron Twelves

Pat & Colleen Winn

Mary Cearley

J.W. Newton

Nita Dees

Robert Cowan

Fallis Beall

Jim Barthell Jr.

Laura Mahan

Emily Ritter



LET US REMEMBER THOSE
UNABLE TO ATTEND WORSHIP
SERVICE WITH US.



JACK MUNN
AUDREY WAGGONER
RACHEL LIVINGSTON

Step Up! A Floor Plan for FPC

Over many years of use, the floor coverings at First Presbyterian Church have become loose, worn, unsightly and, in some cases – unsafe. The cost to restore is substantial and well beyond any existing budget consideration.

Working together, area by area and tile by tile, we can all step up and restore the beauty and the life of our church building for years and generations to come.

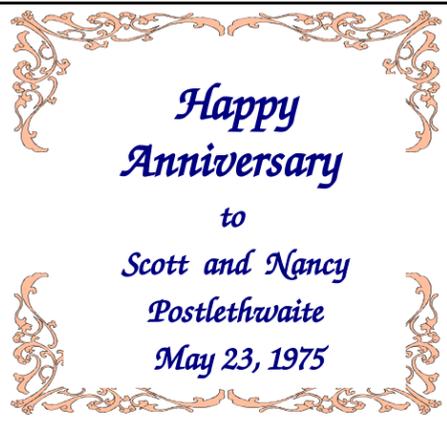
In your continuing support of FPC and our many local and world wide missions, please also remember.....

Just a little bit more buys a little more floor!

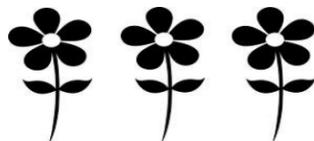
So please.....Step Up! Give today and watch your contribution help build the \$23,000 fund needed to achieve our restoration goals on the big thermometer in the narthex. And watch for Floor Plan updates and progress reports in coming issues of Faith-At-Work.

Please indicate the intended use of your contribution with the word "FLOOR."

Thank You ~ Joan Drake, Clerk of Session



The flower calendar for 2014 is in its usual spot, or you can just call the church office if you would like to donate flowers for the sanctuary for a special date or person.



PLEASE REMEMBER TO SIGN IN FOR WORSHIP EVERY SUNDAY. IT IS VERY IMPORTANT THAT WE KNOW YOU ARE HERE.

THANK YOU

Thank You

Connie Roebuck, original organizer and chairman of our Spring Rummage Sale for many years has accomplished another fabulous spring sale. She has asked us to thank EVERYONE that helped her with the sale this year. They brought in an outstanding amount of money--\$5035.78 and there may be a few more dollars to come from people who still owe. WOW!!! Many of the gals worked for hours, days and weeks getting everything out of boxes and sacks and organized to be ready for the sale. Additional gals also showed up to help work at the sale. Thanks to each of you that put in all the time and effort. Your efforts certainly paid off! Connie said she & Margo have already been shopping and found many wonderful bargains. Year round shopping that enables us to take advantage of great sales would not be possible if it weren't for our fundraisers. So to everyone that helps 'year round' with fundraisers, thank you! And to those who work 'year round' whether it be shopping, working on books, cleaning & organizing, shelving new items, working on bikes and the many other parts it takes to make the Toy Shop happen, we truly appreciate you! The Toy Shop is very lucky to have all of you—whether you are able to help a little or a lot. It takes everyone to make this organization the beautiful success story that it is. We appreciate you more than you can imagine. So again, let us say congratulations to all of you that made this a very successful sale!!!!

Kathy & Lynn

Thank You

Dear First Presbyterian Church,
Thank you so much for the gift of \$166.67. Every gift we receive helps our mission to make exemplary people. I appreciate you standing along side of us!
Thanks once again for your wonderful gift!

David L. Dearing, President and CEO



PARISH NURSE CORNER

New BP Guidelines

New guidelines for managing hypertension were announced in December 2013 & it's been confusing both patients & health care providers ever since. Actually, several things have remained the same: 1) the definition of hypertension still is 140/90; 2) hypertension forces the heart to work too hard; 3) hypertension puts the patient at risk for heart disease (#1 cause of death in the U.S.) & stroke (#3 cause); 4) hypertension can lead to atherosclerosis, kidney damage, vision loss, erectile dysfunction, memory loss and peripheral artery disease among other conditions; and 5) hypertension treatment should begin with lifestyle changes (healthy eating, exercise, smoking cessation) before any drugs are initiated.

So, why did the 8th Joint National Committee (JNC 8) of the U.S. National Heart, Lung, and Blood Institute publish these guidelines in the *Journal of the American Medical Association*? This expert panel reviewed 30 years of clinical studies. Their clinical evidence showed that the stricter guidelines provided no additional benefit to patients. Specifically, they said that older patients who were treated to moderate to high-dose anti hypertensive drugs were at a 30-40% increased risk of dangerous falls. And these researchers found that the risk for a 2nd serious fall more than doubles in patients taking multiple blood pressure medications. Therefore, they concluded that patients over the age of 60 should only take blood pressure medication if their readings exceed 150/90 despite the previous guideline of treating when their readings are 140/90 or greater.

Yes, there's been controversy about these new guidelines & the best suggestion is to discuss these new guidelines with your provider. Under no circumstances should you stop taking blood pressure meds without discussing it with your health care provider! At the same time, if you've been experiencing side effects of dizziness, drowsiness or unsteadiness, they present another valid reason to visit your provider.

Submitted by Jo Flanders

**OFFICERS OF FIRST PRESBYTERIAN CHURCH
DUNCAN, OKLAHOMA**

ELDERS

<u>Class of 2014</u> Joan Drake Steve Reasor	<u>Class of 2015</u> Pat Hale Bill McQuain	<u>Class of 2016</u> Robin Caldwell
--	--	--

DIACONATE

<u>Class of 2014</u> Nancy Grantham Mike Stiels	<u>Class of 2015</u> Chip Woods Charles Coker	<u>Class of 2016</u> Martha Coker Charlotte Utley
---	---	---

Treasurer – Bill McQuain **Asst. Treasurer** – Jerry Fleming

Telephone Numbers

Church Office (580) 255-5769
Fax (580) 252-4175
e-mail: fpcduncan@gmail.com
Website: www.fpcduncan.com

Pastor
Rev. Kathy Vineyard
email: txkat50@hotmail.com

Secretary
Kristy Brown 255-5769

Treasurer
Bill McQuain 255-7863

Assistant Treasurer
Jerry Fleming 252-9559

Organist/Choir Director
Hollie Hill-Le hhpianostudio@yahoo.com

Custodial Engineer
Nancy Postlethwaite 252-6522

Newsletter "Faith - At - Work"
Kristy Brown 255-5769
email: fpcduncan@gmail.com



First Presbyterian Church
"FAITH - AT - WORK"

704 West Ash Avenue
Duncan, Oklahoma



Issue 5

May 2014

Dear Friends,

I am overwhelmed by your warmth as a church. You have made Bruce and myself feel an instant part of your church family. We are overjoyed at the prospect of meeting and knowing all of you – each and every one, and I am happy for this opportunity to tell you about me.

I was born in Neptune, New Jersey into a Presbyterian family, including a Scottish grandfather. Raised in the reformed church, I regularly attended Sunday School and church worship at an early age. I can remember bringing a small New Testament with me to Sunday School even before I could read. At age eight I became aware, through the visit of a minister family member, of my need to make a decision to accept Christ as my personal Lord and Savior. As a high school student. I was active in the fellowship group, ordained as a deacon and sang in the choir.

My path to the ministry took many turns since those early church experiences, including graduation from a secular university with degrees in anthropology-archaeology and psychology. It was then that I felt this call to serve others as a member of the faith community, realizing my goal of becoming a psychologist did not permit the healing of the whole person, including the spiritual dimension. I resigned my full time position in hospital administration and left to study for Master of Divinity at Princeton Theological Seminary.

The years at Princeton were academically rich, studying under renowned church leaders. My interest in scripture, languages and the antiquities led me to concentrate in biblical studies in Greek and Hebrew. Upon completion of my degree requirements, I served briefly in the U.S.Navy as chaplain and, following my Navy service, in a generalist ministry to a large church in Florida.

Nearly half of my career was spent happily serving as Associate Pastor with Oak Cliff Presbyterian Church in Dallas, Texas. OCPC was unique at that time in its racial makeup – a successfully integrated congregation. My tenure as Associate ended when the Senior Pastor took a call to the Board of Pensions (PCUSA). For two years I served as head of staff interim pastor which began a decade of broad service as transitional pastor to ten diverse congregations experiencing conflict and grief.

Eventually I moved from the Dallas-Fort Worth area to become interim pastor to Grace Presbyterian Church in Temple, Texas where my husband and I met. We feel this was God's determination for our lives. Bruce has served PCUSA churches as ruling elder, deacon, clerk of session, bell ringer and chime choir director. He is a native of Lawton, Oklahoma, a graduate of Southwestern State College and was most recently employed as a pharmacist with Scott and White Memorial Hospital.

There is more to know about me and there is so much more to know about you. What a wonderful time lies ahead for all of us.

Yours in Christ,
Kathy Vineyard



We will be celebrating the Lord's Supper on **May 04, 2014** during the worship service.

**DEADLINE FOR NEXT FAW ENTRY IS
May 23, 2014**

MAY 2014 ISSUE



RETURN SERVICE REQUESTED

First Presbyterian Church
704 West Ash Ave.
Duncan, Oklahoma 73533-4646
580-255-5769
Website: www.fpcduncan.com

